RECIPE

Shakshuka with chickpeas and spinach

A breakfast skillet of tomato, red pepper, chickpeas and spinach with eggs set in the sauce, about 290 mg sodium a serving.

MAKES

4 servings US Metric

TOTAL

45 min

Ingredients

- [ ] 1 tbsp olive oil
- [ ] 1 medium onion, diced
- [ ] 1 medium red bell pepper, diced
- [ ] 1 tsp garlic powder
- [ ] 1 tsp ground cumin
- [ ] 1 tsp paprika
- [ ] ¼ tsp black pepper
- [ ] 1 tbsp no-salt-added tomato paste
- [ ] 2 cans (14.5 oz each) no-salt-added diced tomatoes, with their juice
- [ ] 1 can (15 oz) no-salt-added chickpeas, drained and rinsed
- [ ] 2 cups packed baby spinach
- [ ] ¼ tsp salt
- [ ] 1 tbsp lemon juice
- [ ] 4 large eggs
- [ ] 1 tbsp crumbled feta cheese

Method

1. Set a deep skillet with a lid on medium heat and warm the oil. Cook the onion and red pepper for 6 to 8 minutes, until soft.
2. Stir in the garlic powder, cumin, paprika, black pepper and tomato paste. Cook for 1 minute, until the paste darkens a shade.
3. Add the tomatoes with their juice and the chickpeas. Simmer on low, stirring now and then, for 20 minutes. At 5,300 ft simmered food takes about a quarter longer, so this runs a little past the usual 15. The sauce is ready when a spoon drawn across the pan leaves a trail that holds.
4. Stir in the spinach, the salt and the lemon juice until the spinach wilts, about 1 minute.

- [ ] ¼ cup chopped fresh parsley

5. With the back of a spoon, press four hollows into the sauce and break one egg into each. Put the lid on and cook on low for 8 to 10 minutes, until the whites are opaque and the yolks are firm. Check the eggs with a thermometer: 160 °F.

6. Scatter the feta and parsley over the top and bring the skillet to the table. Serve at once.

7. Cool leftover sauce in a shallow container within 2 hours, then refrigerate. Reheat to 165 °F; add fresh eggs only when you reheat.